

## **FROM THE HORSE'S MOUTH – June 2018, edition No 42.**



**Hello. I hope you are well and stay well. I think this is an interesting edition as it contains a variety of interviews including an interview with musician Tom Foster. It also contains a poem called: I remember England, me – which you may or may not like because of the subject matter and depending on your viewpoint.**

**I do however, think it's important to try and represent all points of view if they are presented in a non-offensive manner and would therefore welcome your contributions by sending them to: [dean@fthm.org.uk](mailto:dean@fthm.org.uk)**

**Please note that our new website is at: [fromthehorsesmouth.org.uk](http://fromthehorsesmouth.org.uk)  
Dean.**

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## ADVERTISING WITH From The Horse's Mouth

If you wish to advertise with From The Horse's Mouth then please [get in touch with Dean](#), our rates are very cheap and we assure you that your business visibility will increase as a result.

### ***Why do we assure you that your online visibility will increase?***

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2. Unlike other Advertising Solutions we carefully word your Ad so it looks and feels different in each issue and will work with you to do this. We will change images and any text in each monthly issue if you buy 12 months with us.
3. We are the most competitive Advertising Service we feel and we have approximately 15 places of the 20 left that we originally allocated as **buy one year and get another free. That is two years of advertising for only £50**

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Already we have seen a notable increase in quality traffic on our website since our move away from a Weebly hosted web site

**Notably 10% of Advertising Revenue will be donated to the [Watermark Fund in Calderdale](#)**



### **June Advertiser of the Month is [Aegis Martial Arts](#)**

#### **Aegis Martial Arts**

Aegis is a system rather than a style of martial arts that incorporates kick boxing, boxing, grappling and personal protection. It is dedicated to teaching self-defence in any situation so we are teaching people techniques of how to defend themselves – rather than how to fight and compete...[read more](#)

Aegis have branches all over the North of England, simply check out the [Aegis Contact Page](#) to find out more.

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## MY NOT VERY SERIOUS STARS



### **Scorpio 24 Oct – 22 Nov**

This month you should take a long, hard look at yourself in the mirror and accept that your bottom is so big that you could serve drinks off of it. However, it is still a very good time to start being trendier if you want to impress your fashion-conscious boss at work. Someone who is jealous of you will start to spread malicious rumours about you, but you should rise above it all and continue to function as normal.

### **Sagittarius 23 Nov – 21 Dec**

A man with a funny haircut will help you this month and prove to you that you cannot judge a book by its cover. Someone you greatly admire will shock you by a misjudgement they make. You may start to wonder if you have been here before when you meet a stranger who is instantly familiar to you. A taxi driver may try to rip you off but fight your corner.

### **Capricorn 22 Dec – 20 Jan**

Someone who is already in a relationship will make it clear that they want you too – but do you really want to be the ‘other’ person. Now, as always, is a good time to show another being some kindness. Your mother may get on your nerves this month but do remember all the years she has cared for you. A good time to start eating pea and mint soup.

### **Aquarius 21 Jan – 19 Feb**

A religious man will bore you with his blind acceptance of what he is told to believe. At this time in your life, you should be making plans for the future which should include provision for a rainy day. It is a good time to shave off your beard and cease to look like a foolish fashion victim. Buy some Fairtrade bananas. Continue to try and become the world shadow boxing champion.

### **Pisces 20 Feb – 20 Mar**

A beautiful, young woman will appear to be helping you this month but it would be wise to try and work out her motives – is she really what she appears to be? A child will really annoy you with his bad manners but keep in mind that you really fancy his mother. Someone with enormous legs will impress you with their willingness to go the extra mile to please you. If you are called Hannah, consider changing your name to Gertrude.

### **Aries 21 Mar – 20 Apr**

A trip to France would prove to be a nice break that would allow you to recharge your batteries and come back ready to make some life-changing decisions. A chance meeting with an old teacher will leave you feeling bad when you think back to how mean you were to her at school. You should not hesitate to book an appointment at the opticians if your headaches persist. Why not try a new foreign cheese?

### **Taurus 21 Apr – 21 May**

Some mutton dressed as lamb will try and pull you at the end of the month, but let her down gently, as she is only trying to recapture her youth and means you no harm. Incidentally, the opposite sex will find you very attractive at the moment but don't just use people for quick gratification and then dump them causing them pain. Buy some green stockings.

### **Gemini 22 May – 21 Jun**

A man with a bicycle moustache will ride into your life, but don't be too impressed and interested in him as he is just another individual trying to stand out from the crowd. Forbidden fruit may be offered to you on a plate this month, but before you take a bite think of the repercussions. A good time to start saving two-pound coins.

### **Cancer 22 Jun – 23 Jul**

Your nails look really terrible so do something about them or start constantly wearing gloves. It is time you discussed your personal problem with someone you implicitly trust – it won't solve the problem but you will feel better anyway. Now is the time to start eating healthier otherwise you may not have long left to live. Avoid treacle.

### **Leo 24 Jul – 23 Aug**

You will need a bottle of champagne handy to celebrate the good news that is heading your way. A good time to start drinking more coffee than tea. A friend will give you something of real value so cherish it. Love may be just around the corner so be ready to grasp it with both hands otherwise you will grow old and lonely. Look up the word for slate in French.

### **Virgo 24 Aug – 23 Sep**

Your partner will try and lay down the law this month, but firmly remind them that you are both equals in the relationship. You may crave a fried egg on the second of the second

Thursday of the month. A trip to the hospital may be imminent if you don't take more care with your driving. Consider keeping bees.

### **Libra 24 Sep – 23 Oct**

A precocious child will annoy you when they start to question your ability to be objective. A D.I.Y friend will overstep the mark so tell him to stick to doing it himself and leave you well alone. Another female friend who seems to think she's the bees' knees will get on your nerves but don't burst her bubble and give her a reality check with a stinging attack.

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## **NATALIE SEAGER TALKS A BIT ABOUT HER WORK**



**Natalie can you tell us something about yourself?** I have a shop called Gallery 339 in Skircoat Green, Halifax. We sell cards, jewellery, gifts, crystals and wellbeing products and I work with a lovely team.

**What inspired you to start your shop?** I needed to do something and was given the opportunity. I've always worked in retail. When I left college, I worked in a Buddhist co-operative which was a gift shop in central Manchester. I worked in the Body Shop and also the deli next door while setting up the shop. Before that, I had a

card design business, in which I sold handmade cards to independent shops like mine, as well as designing cards for M&S and Paperchase.

**What other interests have you got besides your shop?** My other main interest is in learning about energy, alternative therapies, spirituality. I work with crystals and am currently studying sound therapy and flower essences. I do sessions above the shop which combine therapeutic sound with crystal bowls along with yoga nidra, or 'yogic sleep'.

**Is it a type of meditation?** Yoga nidra isn't a traditional seated meditation practice, as you're lying down. It's more a state in which you maintain awareness whilst being guided into a place of really deep rest, essentially an altered state in which you can come back into balance. I find it's like pressing the reset button. The crystal bowls bring in a very peaceful, expansive energy.

**What kind of people come to you?** Friends, friends of friends & customers mostly.

**How do people hear about you?** Word-of-mouth & through the shop; I'm working in a small, explorative way with it and I work from my home, doing two small group sessions a week and one to one therapy sessions.

**If people wanted to contact your shop, how can they do so?** On 01422 431403, or through the website - [www.gallery339.co.uk](http://www.gallery339.co.uk). We are open *Tuesday to Saturday, 10am-5pm*.

**How did you get into therapy work?** After I opened the shop, I became drawn towards the properties of crystals and tuning into them, not just the sparkly ones, also the ordinary everyday stones like flint. I started to learn about 'healing' energy through reiki, which led me on to a two-year Crystal Therapy Diploma. Afterwards I went on to do yoga teacher training in Hebden Bridge which led to more training in yoga nidra, then last year I started to work with the crystal bowls.

**What kind of people do you think would benefit from this type of therapy?** Anyone drawn to it. Yoga nidra, crystals and sound are a potent combination. Yoga nidra can help particularly with relaxation & sleep but it's for everybody and everything, as when you deeply relax the body's innate healing capacity kicks in to restore balance. Sound can really help to shift blockages in energy, helping to restore the natural flow.

**Are crystals expensive to buy?** Some are depending on rarity and gem quality, some are very reasonably priced and readily available like quartz and rose quartz. You can do a lot with just the different varieties of quartz.

**Do they come from abroad?** Many do. I mainly use a local wholesale supplier. I also pick up stones for myself and for working with clients that I find around and about like Jet from Robin Hoods Bay etc. I found some flint this weekend on a visit to Avebury.

**Where do you think stones get their energy from?** They are natural. Everything in nature has an energy vibration. Crystals are of a very high energy vibration or frequency. Quartz for example is used widely in technology for it's very reliable electrical pulse or charge, also for its ability to hold memory, as water has been found to. Quantum theory raises interesting questions in relation to energy, consciousness and matter.

**Does your work fit into a particular belief system?** No. Yoga has its roots in Indian culture so there are influences from both Buddhism and Hinduism, but essentially yoga is an inner journey not defined by or limited by religion or religious belief. Although I'm on my own spiritual exploration and the work I do may help people connect to theirs, spirituality is a very personal thing.

**What are your hopes for the next five years?** To keep learning, exploring, to be healthy and happy, the usual!

**If people like the sound of the therapies you offer, how can they contact you?** My other website [www.natalieseager.co.uk](http://www.natalieseager.co.uk) has more info and my email is [natalieseager@icloud.com](mailto:natalieseager@icloud.com). Try some yoga nidras at home for free by visiting [www.yoganidranetwork.org](http://www.yoganidranetwork.org)

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### **Pennine Provisions**

As well as helping to sponsor us here at FTHM, [Pennine Provisions](#) is also a foremost



supplier of Health Supplements in the Calder Valley.

You really must visit their great shop in Hebden Bridge, West Yorkshire, HX7 8EH

Find out more information on the [Pennine Provisions Local Listing Page](#).

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## TWO MORE RECIPES FROM KITTY LYNN



### Rhubarb Crumble

Ingredients:	11/2
cups of flour	
	1/2 cup
of sugar	
	1 tbsp.
of brown sugar	
	1/4 tsp

of baking powder

1/4 tsp of salt  
10 tbsp. of butter

Method:

Mix all ingredients together until they form a biscuit-like consistency. Then pat into 9" flan tin, covering the sides of the tin. Reserve some of the mixture. Bake for 25 mins or until golden brown at 350 degrees or gas mark 4.

### Custard filling:

Ingredients:

2 cups of rhubarb  
1/3 cup of whipped cream  
1/2 cup of sugar  
1/3 cup of flour  
1 egg and 1 yolk  
drop of vanilla

Method:

Whisk together and pour into the flan tin. Add reserved crumble topping. Bake at 350 degrees or Gas mark 4 for 25 minutes. Served chilled.



### Sponge Parkin

Ingredients:	8 oz of
self-raising flour	

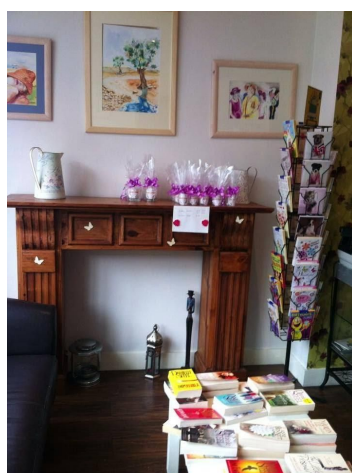
4 oz of caster sugar  
5 oz of syrup  
3 oz of butter  
1 tsp of ground ginger  
1 tsp of bicarbonate of soda  
7 fluid oz of milk  
1 egg

Method:

Sieve the flour, bicarbonate of soda and ginger into a bowl. Slowly melt the butter and the syrup. Take off heat. Add the milk and beaten egg to dry mixture. Stir mixture until smooth. Bake gas mark 2 for approx. 1 hour.

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## Café of the month: Cupcake Coffee Shop and Breakfast Room



design in my home.

**Jan, can you talk a bit about yourself?** I'm 62. I've been in catering for about 25 years. We've had Cupcake for nearly 8 years and it has always been a dream of mine to own a coffee shop. In the past, we've had sandwich shops and a newsagents but I've always wanted to do what I'm doing now. Before all that I was in sales and am now using the skills, I acquired doing that.

I'm married with three children and have seven grandchildren who keep me busy when I'm not at work. I like going on holiday. I also like crafty and creative things like doing interior

**Where is your café located?** It's at West Street, in Sowerby Bridge, which is just outside Halifax - between Leeds and Manchester.

**What kind of café is it?** We do mainly breakfasts although this wasn't our original intention – we wanted it to be a nice coffee shop that did lovely cakes and desserts – but it just didn't end up like as the main demand is for good quality breakfasts.

**Do you do any takeout's?** Yes, but this is not the main part of our business. However, every day, we do a factory delivery to Elland which is three or four miles away. We've done that for about 15 years since we had a sandwich shop business.



**What is the secret of running a good café?** You've got to be reasonably priced and not be greedy as far as profit is concerned. You've also got to use the best products and offer good quality on a consistent basis.

**Who are your main customers?** We get quite a lot of work people because of where the café is located amongst an industrial area and factories. We also get ladies who live alone who come here and meet for a chat. Families tend to come at weekends.

**Do you feel like you're an integral part of the community having been here so long?** Yes, in a certain way. But because we are out of the town we are often overlooked on things like fundraising issues and grants etc. So, we are a bit isolated and don't get to know everything we should get to know.

**Do things like Facebook help business?** Yes, especially when you get good reviews. However, even when a review is negative, it can have a positive effect as people come and judge for themselves and often become new customers.

**If there is anything you could change about your café, what would it be?** I wouldn't change the location but it would be nice to have some outside space. But, all-in-all, I'm happy being here and with the café as it is.

**Who makes up your staff?** There's me, my husband Tom, my son Brett and my granddaughter Dotty who comes to help wash up on a Saturday.

**Do you offer outside catering?** Yes, for things like funerals. We do a lot of the catering for the Arden Road Social Club.

**I've heard you do some charity work as well?** I sell books at a pound each and the money goes to the Alzheimer's charity in memory of my dad who passed away. I also support a charity called Fulfil the Wish which provides holidays for terminally or gravely ill children.

**What are your hopes for the café in the near future?** We're quite busy and it would be good if it continued that way. I am happy with how things are.

**If people are interested in visiting your café or want to contact you, how can they do so?**

Phone: 01422 835041

Email: [cupcakewest@talktalk.net](mailto:cupcakewest@talktalk.net)

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**I REMEMBER ENGLAND, me.**

**Written by Bill Pearce**



I remember England, me.  
We oft had bread and jam for tea,

And salt and vinegar on our lips  
On Friday night from fish and chips.  
It was a lovely place to be.

**I remember England, me.**

I remember England sweet.  
I knew everybody down our street.  
All of them were friends and neighbours.  
We'd help each other with life's labours.  
That kind of life could not be beat.

**I remember England sweet.**

I remember England fair.  
Pointed shoes and back-combed hair.  
The fifties and sixties were the time  
When I was young and in my prime,  
Living life without a care.

**I remember England fair.**

I remember England true,  
Proud to be red, white and blue.  
Respect and manners, nicely dressed,  
We always liked to look our best.  
I hope it meant as much to you.

**I remember England true.**

I remember England lost.  
The Rubicon has now been crossed.  
Gone have all the ways of old.  
Down the river we've been sold.  
Now we all must pay the cost.

**I remember England lost.**

I remember England gone.  
We've been subjected to a con.  
People came from foreign lands  
And stole this country from our hands.  
Governments let them carry on.  
**Now, I remember England – GONE!**

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**Silly Billys Toy Shop**  
Old Gate House, Old Gate  
Hedben Bridge HX7 6EN

**Tel: 01422 843304**  
**Web: [www.sillybillystoyshop.com](http://www.sillybillystoyshop.com)**  
**Email: [info@sillybillystoyshop.com](mailto:info@sillybillystoyshop.com)**

**Silly Billy's Toy Shop has been established for 21 Years Now in Hedben Bridge and 2018 is there Big Birthday year, they would really appreciate it if you would [review Silly Billy's On Trip Advisor](#) if you have visited their toy shop in Hedben Bridge**

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## **KATE CULLEN'S MONTHLY QUIZ**

### **Questions:**



1. From which political party did the Liberal Party develop?
2. When were the first Winter Olympics held?
3. Who was born at Glamis Castle on 21<sup>st</sup> August, 1930?
4. In which town do the Flintstones live?
5. How did Hermann Goering escape execution?
6. Who was the father of Luke Skywalker?
7. What was founded by William and Catherine Booth?
8. Who are Alan, Wayne, Merrill, Jay, Donny, Marie and Jimmy?
9. Who was the first person to earn a million pounds by the age of ten?
10. What is another name for Ursa Major?
11. If you were born on 25<sup>th</sup> January, what star sign would you be?
12. In which Dickens novel does Mr Micawber appear?
13. Whom did the Mad Hatter and the March Hare push into a teapot?
14. Which Engelbert Humperdinck opera was based on a fairy tale by the Brothers Grimm?
15. How does a marsupial carry its young?
16. Who played Timothy in the TV series 'Sorry'?
17. What would you buy in a joke shop that contains hydrogen sulphide?
18. What is the more common name for nacre, found inside shells?
19. How many points has the star of David?
20. What is palaeontology?

### **Answers:**

1. The Whigs
  2. 1924
  3. Princess Margaret
  4. Bedrock
  5. He committed suicide
  6. Darth Vader
  7. The Salvation Army
  8. The Osmonds
  9. Shirley Temple
  10. The Great Bear
  11. Aquarius
  12. David Copperfield
  13. The Dormouse
  14. Hansel and Gretel
  15. In a pouch
  16. Ronnie Corbett
  17. Stink bombs
  18. Mother of Pearl
  19. Six
  20. The study of fossils
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## EVEN MORE NURSERY RHYMES



Hey, diddle, diddle,  
 The cat and the fiddle,  
 The cow jumped over the moon:  
 The little dog laughed  
 To see such sport,  
 And the dish ran away with the spoon.

It is reputed that this refers to Queen Elizabeth I, known by some as 'The Cat' for the way she

toyed with the minds of her political courtiers and the hearts of many of her suitors. She was also known to be fond of dancing, particularly to fiddle music. The third line of the rhyme 'the little dog laughed....' is said to be a reference to Robert Dudley, a suitor who Elizabeth referred to as 'my little lap dog'. Finally, 'the dish ran away with the spoon' is meant to depict the secret union of Lady Katherine Grey and Earl Edward of Hereford. Those two nobles were bestowed with the nicknames 'dish' and 'spoon'. Edward's role was to bring golden cutlery into the royal dining room. Lady Katherine had the role of 'a taster of royal meals'.

Goosey goosey gander.

Wither shall I wander?  
Upstairs and downstairs  
And in my lady's chamber.  
There I met an old man  
Who would not say his prayers.  
So, I took him by his left leg  
And threw him down the stairs.

This refers to zealous Protestants and Secret Priest Holes. Cromwell's soldiers marched in Goose-Step as they went about seeking out Catholic Priests hence the 'Goosey goosey gander'. The Lady's chamber is where some priest's holes would be hidden. 'Who would not say his prayers' refers to the priest praying in Latin and not in English. 'Throwing by the left leg' alludes to the nickname 'left footer', that a Catholic is sometimes called in Britain. Any priests found would be executed along with those who were harbouring them.

Oh, the grand old Duke of York.  
He had ten thousand men;  
He marched them up the top of the hill,  
And he marched them down again.  
And when they were up, they were up  
And when they were down they were down,  
And when they were only half-way up,  
They were neither up nor down.

This rhyme can be used to describe many 'Dukes' or important men of their time. As an example, we look at the Duke of York, Prince Frederick, and his defeat by the French at a battle at Flanders in 1794. He, and others like him were prepared to have their troops slaughtered as long as they were not hurt. They then expected to be kept prisoner, treated honourably, till a ransom was paid for their release. The ransom would come from their ever-suffering tenants and serfs back home.

As I was going by Charing Cross,  
I saw a black man upon a black horse;  
They told me it was King Charles the First –  
Oh dear, my heart was ready to burst!

This rhyme refers to the public execution of King Charles I of England. The charge against him was: 'out of a wicked design to erect and uphold in himself an unlimited and tyrannical power to rule according to his will, and to overthrow the rights and liberties of the people of England'.

There had been no clear support by the people to try Charles and the man who was to execute Charles refused to do it, as did others. Eventually an executioner was found who was paid the enormous sum of £100. The executioner insisted on wearing a mask so no-one would ever know who he was. The scaffold, which was outside the Banqueting House in Whitehall, was hung round with black.

Troops of horses were placed on the scaffold towards King Street and on the other side towards Charing Cross multitudes of people gathered to witness the event. When Charles was beheaded a large groan went up throughout the crowd... the execution was met with such a groan as I have ever heard' reflecting the last line of the rhyme 'Oh dear, my heart was ready to burst'.

Bobby Shafto's gone to sea,  
Silver buckles on his knee;  
He'll come back and marry me,  
Bonny Bobby Shafto!

Bonny Shafto is an English nursery rhyme associated with Robert Shafto, a British Member of Parliament for County Durham in 1730, who used this song in his election campaign.

The rhyme refers to Bridget Belasyse, the heiress of Brancepeth Castle, who suffered when Robert Shafto broke her heart and married the heiress to Duncombe Park in Yorkshire. It is said that Bridget died within two weeks after she found out the news.

Researched by Little Bo-Peep.

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## JOHN SIDDIQUE TALKS ABOUT HIS WORK AND SHARES SOME OF HIS THOUGHTS



**Can you talk a bit about yourself?** I'm John Siddique, I'm 53 years young and so apparently have to be grown up now. I'm getting younger all the time; I felt old when I was in my twenties and thirties and even in my forties and now I'm in my fifties, I feel more like when I was 15, kind of rejuvenated.

I live in Hebden Bridge and I work all over the world through my computer as I have clients everywhere. I work on Skype with a lot of people but I also work locally as well e.g. I run a meditation class in the town hall here, I'm doing some work in Manchester and giving a talk in London in a few weeks' time.

I used to be a poet and I was quite well known and it shocked a few people that I don't put my energy into that anymore, in the same way.

**What do you put your energy into now?** Talking to you right this second and meeting you properly. I feel I don't really work anymore, I feel my work is so close to my heart that it doesn't feel like work.



**Is it a labour of love?** I wouldn't even say it was a labour. Writing books was amazing and took me on a journey, but you've got to remember that a journey takes you somewhere and the journey of writing has brought me to this. I still write (I wrote a thing for radio 3 last year) and I write little essays for things.

**About what?** The thing I wrote for radio 3 was about the cultural impact of Indian partition. I'm going to write a little essay for myself in a couple of weeks as about three years ago I nearly died.

**What happened?** I had an abscess on my Gall bladder that poisoned my entire body and they said I wasn't going to survive it. I survived that and had a near-death experience and it's almost a thousand days since I was supposed to die – so I think that's a great title. I want to write about not dying and what it's like to have a thousand days of extra life.

**What was your near-death experience like?** It was exactly what they say: the light, the love, the feeling of acceptance and completeness; the knowing that you're okay and that everything will be okay – not on a mental level in any way, but absolutely,

**How long have you been doing the work that you do?** I've always been doing this work. When I was 13 or 14 I knew I wanted to learn to meditate and was reading spiritual books. It's been a process of unlearning a lot of my conditioning because I grew up in a very tricky family and took on an awful lot of conditioning.

**Did you grow up in England?** Yes, in Rochdale. I born in Birch Hill hospital.

Slowly I've moved towards what I was doing all along. So, what I do now is what I was doing when I was 14.

**Have you come around in a circle?** Yes – or a very odd straight line. It's all part of it. Not one thing (including the nearly dying) is not part of my journey and it's not fixed even at this point because I don't even know what this afternoon will bring. I've got places I want to take things but I don't work in that way of trying to push anything. I just think it would be nice if that worked out and may be head in that direction a bit. And then may be things have more energy or don't, and I think I'll drop it or put a bit more energy in that direction. All I basically teach is meditation.

**Can you talk about your meditation classes?** Yoga and meditation is in the media a lot at the moment and if we take on anything as a lifestyle may be that's the way in for some people but you can't live through lifestyles. You can only live a life and all I've ever wanted to do my whole life, was to live authentically.

**Do you mean ethically?** Not with any set ideas but in line with my soul which would be ethical. There's two ways of coming at being ethical, you can either adopt a set of principles from outside and try to live up to them – and you will fail, or you could find what's true

inside you and you will naturally align with these qualities. The way I work is more about natural alignment.

My meditation classes are about finding your way back home to yourself. People often come with stress and anxiety or with different sorts of problems and want to end their suffering. We should find a way to move through that to our wholeness but that's part of being a human being as a whole. But you can't do this externally, you can't just take an idea into your head and just squeeze in another one.

In the West (and in India too), we've become addicted to the mind and forget that the mind is not the master/mistress of the house – awareness and consciousness are the first thing we are and the mind is our tool. When we put the mind first, we find ourselves not in our centre, so, my work is all about working with individual and in education, so that people can be in their truer centres, see clearer and have a better life.

**What type of meditation do you use?** Well I vary. Sometimes we centre on the breath if someone is new to meditation and they have lots of stress and agitation. We use the breath as a kind of anchor. That doesn't work for some people but what I do is rotate different practises.

I use a process called yoga nidra and I've developed my own way of using it. For some people, listening to sounds and being aware of their sensations work. It is important to realise that every sound has a silence beneath it, and so, you can listen to them at the same time with the result that your anxiety drops away.

The business people I work with are so often caught up in the idea of their business that they are not doing good business. When I work with schools, I find that the teachers are so driven by meeting their targets that they don't meet the children. The children are caught up in their Play Stations and video games so that their bodies turn up for school but they're not present.

I use proactive tools like journaling to help people refocus and move forward to the best authentic level and then things will become clearer and clearer to them. It's not a magic bullet though and what you'll find is as you get clear you will see that you have things that you need to sort out.

**Do you follow a world religion?** No. I don't think life ends. My experience from my practise and from almost dying, and from what I've read from trustable sources, is that life is the background to everything so it doesn't end as it creates everything – so how can it end? But we are different expressions of it.

**Do you believe there is a supernatural being that orchestrates everything?** It's too big a question that. There's nothing supernatural as everything comes through life. But I think life unfolds in its own way whether you want to see that as a plan or not. I think we resist

knowingly what is natural most of the time, and that's what causes a great deal of our problems. If you have to believe in something for it to be real, then it's not real.

**Do you think there's life elsewhere in the universe?** Never been. Life is the universe itself and it is endless so I wouldn't be surprised if there wasn't life on other planets and if there was, I think it would change our perspective and may be give us the shake-up we need right now.

**How can people contact you if they are interested in your work?** Through my website: [www.authenticliving.life](http://www.authenticliving.life)

I also have some little day retreats going on throughout the year that they may be interested in.

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## JOHN MINNICH'S DESERT ISLAND DISCS



### Songs:

1. Sheep may safely graze. J.S. Bach

*Such serenity.*

2. Blossom James Taylor

*Ah.....memories of young love.*

3. Brown Eyed Girl Van Morrison

*More memories.*

4. Sad Eyed Lady of the Lowlands Bob Dylan.

*As much Dylan as you can have in one track!*



And the 19<sup>th</sup> century French Conservative Guizot declared that “We cannot see clearly the other side of the river. But the darkness does not destroy what it conceals.”

**Frank McManus, Todmorden**

**Dear Editor**

As I get older I realise how good it is that we are not all the same and that some people have more money than others.

However, it seems to me, that the gap between the rich and poor is growing under this Conservative government and needs to be addressed.

It is obviously difficult to bring about change when economic decisions are allowed to overshadow other more important social issues.

One possible start would be to revert back to a more mixed economy where public services are run and owned by the public. Change is hard to initiate when the wealthy control everything and the police (remember the miner’s strike in 1984) and the army ultimately work for the establishment – and are rewarded for doing so.

**Steve Willows, Windermere**

**Dear Editor**

How refreshing to read Kate Cullen’s excellent article about atheism. It is about time people stood up to religious brainwashing and got on with leading healthy and considerate lives.

Let’s face it – no one has the answers to life’s puzzles and we should wait until we experience death to see if there is anything behind this life. Life is for living not for feeling guilty!

**Jade Winsor, Cardiff**

**Dear Editor**

Every morning I pass my local café and see people waiting for their bacon butties or full English etc.

Do these people not realise (or care) that animals are exploited and then murdered to provide food that they take for granted?

Would these same people eat meat if they had to kill the animals themselves? I say leave anything alone with a face!

**Fiona Merton, Manchester**

**Dear Editor**

I think it is time all bus passes were cancelled with the possible exception of disabled passes. Too many wealthy people (who don't need a pass) are benefiting from free transport. It is time that people were means tested and passes were given back to those most in need and deserving.

**Jane Wilson, Coventry**

**Dear Editor**

I agree with a former contributor that it is wrong to put VAT on things like food and drink – don't you think the poor have enough to worry about?

**Sandra Waddle, Newcastle**

**Dear Editor**

Whilst I admire female beauty as much as the next heterosexual man, I do think some women rely solely on their looks to get by – I find these women exceptionally boring and not worth knowing.

Of course, women are under incredible pressure to look good at all times, but I do think girls should be educated to develop their personalities and fulfil their undoubted potential.

**Trevor Cook, London**

**Dear Editor**

Can I just congratulate the three African males who came first, second and third in this year's London marathon – if Mo Farah is British then I'm Somalian!

**Frieda Jones, Leeds**

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## **TOM FOSTER TALKS ABOUT HIS MUSIC**



**Can you tell me a bit about yourself Tom?** I'm 31. I have a daughter and I live in Hebden Bridge.

The band I was in was called Tiny Minds has just split up so



I'm going to do my own thing and it's going quite well.

**Why did you split up?** We fell out creatively I think, and now we're all going in the direction we need to be going in.

**What kind of music did you make?** Not sure – have a listen on YouTube. It's more pop music I'd say. My new stuff is just straight Indie music and I've been writing songs since last summer when we split up.

I've just started to get a band together so I'm looking for the right people.

**What's your band going to be called?** It's called The Aurora like the Northern Lights.

**How did you get into music?** I got 'Definitely Maybe' by Oasis for Christmas when I was nine and that made me think that's what I want to do as well.

**How did you go about learning about music, did you have lessons?** I got a guitar and started having a go and making up songs – just having a bash and seeing what happened. I can't read music and just play by ear.

**How many members is your new band going to have?** Four hopefully, although there's just me at the minute.

**Will it be an all-male band?** I'm not really bothered.

**Do you sing?** Yes, I'm a singer-songwriter and I play guitar as well.

When I was growing up in the nineties, music was such a great soundtrack to my childhood. When I hear songs now it reminds me of my childhood memories and I think that's really important. What I want to do is the same thing for kids growing up now.

**Are you a full-time musician at the moment?** No. I also work as a barman as well.

**Where do you perform?** Nowhere yet. But with Tiny Minds we performed all over the North of England: Leeds, Manchester, Sheffield, Stoke, Hebden Bridge, Mytholmroyd etc. We also went on tour with the Pigeon Detectives which was good and we played live at the Leeds Festival.

**Do you regret splitting up?** No, it was the right thing to do and I enjoyed the experience. But it was time to do what we really wanted to do.

**How do you go about writing a song?** I don't think about it too much. Songs just come to me. I do probably write the lyrics first and then put music to them.

I write my songs when I'm out and about to be honest, they just seem to write themselves. I never really sit down and try to write a song. When something comes to me then I run with it until it turns into a song and I then put chords to it and that's it.

**Have you done any recording work?** Yeh, Tiny Minds recorded an album.

**How can people listen to it?** They can either order a copy off of the Tiny Minds Facebook page or listen to it on YouTube.

**What does music mean to you?** It's a bit of a laugh, entertainment. Like I said, I think it's important to have a great soundtrack while you're living as it's tied in with things you do, people you meet and your memories. Really, it's just about having fun. I don't take it too seriously.

**What kind of music do you listen to now?** I like all the stuff that I listened to as I was growing up as it takes me back to being a kid.

**Did you have a good childhood?** Yes, thank you. We had a great childhood.

These days I like a couple of bands called Clear Green and Abel's Army and I think they'll do something good though it's early days for them just as it's early days for me. I think my stuff is shaping up pretty good but it will be different when I've got a full band together – it will stop being a Tom Foster song and will be an Aurora song. It will be interesting to hear when it's got influence from other people.

I don't think music is about one person; I think music is about everyone having a good time together and that's why I prefer to be in a band.

**What are your hopes for your new band?** I just want to do music as a living.

**Is there anything you'd like to add Tom?** I think anything's possible so I'm just going to go for it and I think everyone else should do the same. The thing about Indie is that anyone can do it and it's about expression and about being yourself and enjoying yourself.

If people want to contact you, how can they do so?

Email: [tommyfoster@hotmail.co.uk](mailto:tommyfoster@hotmail.co.uk)

Phone: 07542128265

**Where do you hope to be in five years' time?** Filthy rich and famous please!



## ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH

### Questions:

- (1) Who wrote the play 'Romeo and Juliet'?
- (2) Who was the second president of the USA?

- (3) Where do Aston Villa FC play their home games?
- (4) What is the chemical symbol for potassium?
- (5) What year did Jenson Button win the Formula One World Championship?
- (6) Who wrote the song 'Bridge over Troubled Water'?
- (7) What nationality was John Lennon's second wife?
- (8) What is the official currency of Mauritius?
- (9) Who wrote the book 'To Kill a Mocking Bird'?
- (10) In which American state is Boston?
- (11) Where do La Lakers play their home games?
- (12) Which American playwright was married to Marilyn Monroe?
- (13) What is the capital of Madagascar?
- (14) Who wrote 'Catch 22'?
- (15) What is a culotte?
- (16) What are anti-histamines used to treat?
- (17) Who plays 'Sam' in the hit US comedy Cheers?
- (18) Who was the first person to fly an airplane over the English Channel?
- (19) Who designed the Blackpool Tower?
- (20) What is the capital of Pakistan?

**Answers:**

William Shakespeare (2) John Adams (3) Villa Park (4) K (5) 2009 (6) Paul Simon (7) Japanese (8) Mauritian rupee (9) Harper Lee (10) Massachusetts (11) Staples Center (12) Arthur Miller (13) Antananarivo (14) Joseph Heller (15) knee-length trousers, cut with full legs to resemble a skirt (16) to treat allergic rhinitis and other allergies (17) Ted Danson (18) Louis Bleriot (19) James Maxwell and Charles Tuke (20) Islamabad

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**Editor's Final Word:** Well that's it for another edition.

Thank you for supporting the magazine.

If you have any suggestions on how to improve it please contact us at:

[dean@fthm.org.uk](mailto:dean@fthm.org.uk) Please also send any input to the magazine to the same email address.

Also if you have time please comment on our posts, have you noticed our [dedicated recipes channel](#)? If you have a recipe you would love to share then please send it in and we will credit you.

Thank you and best wishes, Dean.